

"How to Avoid the Casualties of the Corona Virus War: Help to Minimize Covid-19 Infection Illness"

In its public medical education role, *The Preventive Medicine Center* (PMC) concludes that these corona virus treatments for which there is validation would be helpful for those who need it and/or who await a vaccine. If practitioners used these already available treatment options which can be thoughtfully combined, the corona virus infection might simply be reduced to just a bad cold and rarely anything more. As this information may not be widely known, it is summarized here to help patients engage in a discussion with their health care providers.

- Decadron/also known as dexamethasone (or equivalent dose of prednisone: steroids similar to the natural stress hormone hydrocortisone produced by the adrenal glands)

- Regeneron 2 IgG antibodies for outpatients given by IV for age above 17, given within 72 hours of a positive test, within 7 days of symptom onset

- Remdesivir (an intravenous viral nucleotide analogue for in-hospital use that inhibits viral RNA polymerases thereby reducing viral replication): especially effective when combined with other agents, e.g. baricitinib

- Certain asthma inhibitors (Asmanex/ciclesonide inhaler or steroid similars, Singulair/montelukast to reduce lung inflammation)

- Stomach acid & cold/viral reducers (Pepcid/famotidine, Halodine/Povidone-Iodine Nasal Antiseptic Liquid Packet)

- Hydroxychloroquine + azithromycin + zinc as antibiotic and corona virus "ionophore" now considered acceptable by the AMA

- Colchicine (anti-inflammatory gout medicine to calm general inflammation)

- Ivermectin (lice treatment inhibits host proteins which allow importing the virus and also reduce viral-induced nitric oxide and prostaglandin E2 via MAPK inhibition)

- Metformin (diabetes medicine found to be effective in women)

- **Bystolic (beta blocker that reduces platelet aggregation-reducing clotting and "calms" the heart that may be under attack)**
- **Livalo (statins reduce mortality by 25%)**
- **Tricor (a triglyceride-blood fat treatment)**
- **Persantin/dipyridamole anti-clotting pill**
- **Aspirin (low dose anti-platelet agents to inhibit clotting)**

- **Luvox/fluvoxamine (an anti-depressant that is an 5HT_{2A} agonist thereby affecting the corona virus)**
- **Iloprost (investigational lung blood vessel dilator that results in 79% lower risk of developing severe disease)**

An in-depth Summary Corona Virus Update is available at the PMC website www.thepmc.org. The PMC is an IRS recognized 501(c)(3) nonprofit educational organization that is dedicated to promoting a realistic and supportive approach to health: achieving disease prevention and reversal where possible through a combination of innovative and traditional medical science.

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